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MINDEN

Vol. 2, Number 16

R.R. 2, Minden, Ontario K0M 2K0

Wednesday, April 26, 1978

Uranium explorations will begin soon in Norland area

NORLAND — Mr. John Pollock, a mining engineer with Jorex Ltd. of Toronto (a mining exploration company) states that full scale exploration of the recently discovered uranium strike in the Norland area will begin "within the next week."

The deposit, presently under investigation, is located 2.7 miles east of Norland on Highway 503. The area to be immediately prospected is approximately ½ mile wide and about 1½ miles long, running primarily south of 503.

Jorex has optioned about 1500 acres in the vicinity and a further 7500 acres in Lutterworth Township. If this strike proves rich, further explorations may be conducted in these areas.

Test samples of the rock from the deposit have shown quantities of uranium yielding from ½ lb. of U308 (uranium oxide) per ton to four lbs. U308 per ton. Mr. Pollock feels that if full scale mining is to be undertaken, an overall yield of 21 lbs. of uranium per ton must be achieved.

The program of exploration will initially involve specially equipped helicopters which are designed to detect even relatively small quantities of radiation from even high aerial positions. Once the full size and intensity of the deposit is mapped, a ground crew will bring in diamond drills to take more definite sub-surface samples.



Will head new businessmen's association

It is the first stage of the exploration (helicopter) which is expected to begin within the next week or two with the second stage beginning as early as this summer. In all, one and a half to two years will be needed for the full program of exploration to be completed before a decision is made.

The entire exploration project is estimated to cost approximately 1.25 million dollars and could possibly provide as many as 12 local jobs.

If mining operations are undertaken, Mr. Pollock believes it could be "a big thing for the area." Mining uranium would be a 40 to 50 million dollar operation and could provide as many as 200 jobs directly and many, many more as a result of subsidiary business and industry that the mine might bring in.

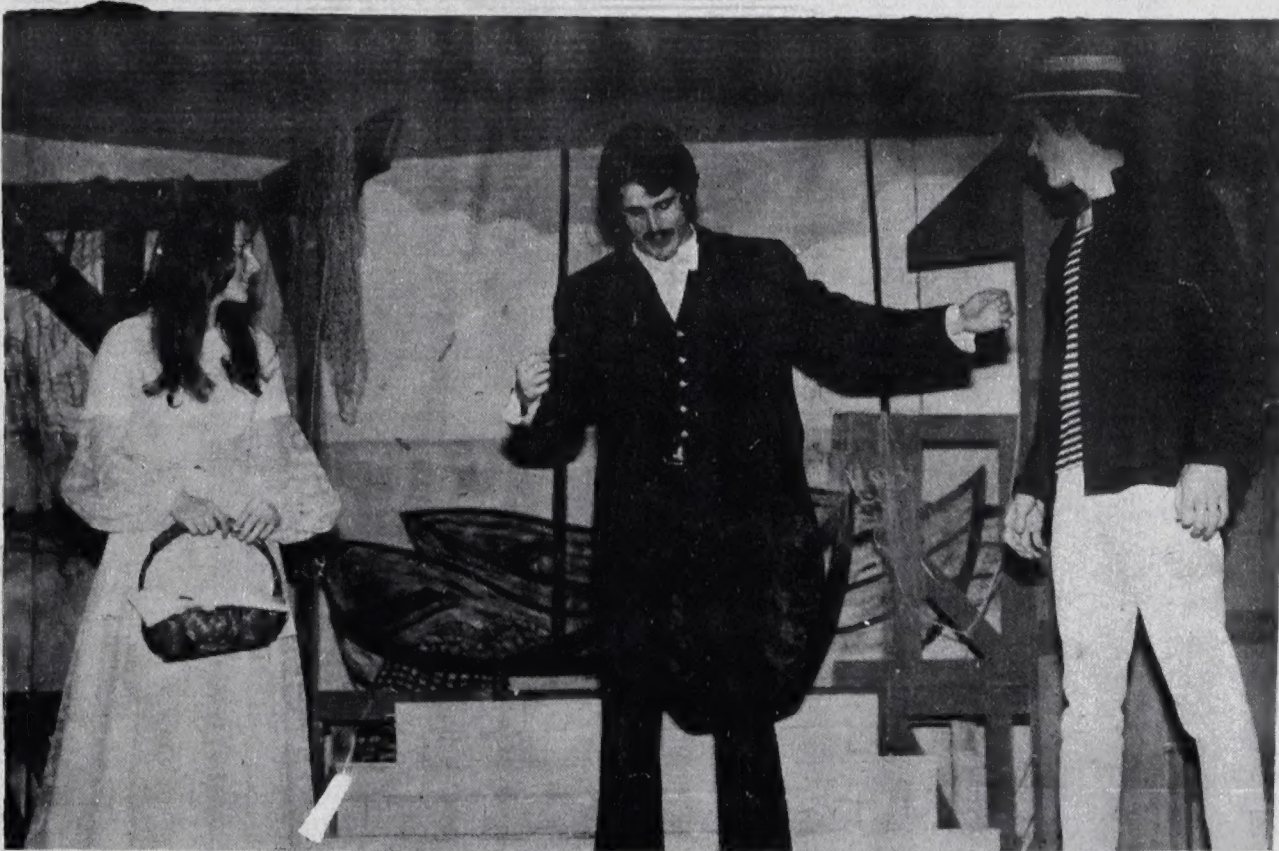
However, the deposit, must be a rich one, before any such operation would be undertaken. About 90 percent of uranium explorations such as this one in the Norland area do not result in mining operations being undertaken.

Ecologically, Mr. Pollock states that Jorex's operation would be under "strict government control" and exploration and mining operations would have virtually no long term "environmental impact."

Refining of the uranium would not be done at the mining site, if indeed the mine becomes a reality. The extracted uranium would be shipped to a separate refinery such as Eldorado Nucleur in Port Hope where this end of the operation would be conducted.

MINDEN — New executive for the Minden Merchants and Businessmen's Association are, left to right, Gerald

Cox, secretary-treasurer; Jerry Pillsworth, president; and Stuart Brandon, vice-president.



GLEE CLUB

GETS READY

Pictured above is a scene from last year's production of Ruddigore, which was a great success. This year's Utopia Limited will be the 14th full-length school musical production to be directed by Bill Gliddon, and the 10th annual operetta to be presented by the Glee Club of Haliburton Highlands Secondary School. Performances will take place at the High School auditorium during the first week of May. Please see the Coming Events section for details.

Fire levels maintenance bldg. at Camp Kandalore, Sunday

Shortly after 2 p.m. Sunday afternoon, the Stanhope Township fire department responded to a fire call at Camp Kandalore which is between Hall's Lake and Dorset off Highway 35.

The fire is believed to have started where the stove pipe of a barrel stove went through a wooden wall in the maintenance shop.

On arrival, fire trucks were unable to reach the blaze due to the snow and mud conditions of the road which led to the Camp. However, two four-wheel drive half ton pickup trucks and a tractor were able to get through but all was lost.

In order to extinguish the blaze, firemen ran over 400 feet of hose to the lake and with a gasoline water pump brought the fire under control.

No estimates of damage to the 40'x40' building were available at press time.

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Dale MacDonald Hwy. 35 at Hall's Lake

Pool game fight, man charged

MINDEN — Howard W. Eager 23, of RR 1, Haliburton was charged with assault causing bodily harm at the Rockcliffe Hotel in Minden on Monday, April 17th.

Eager was playing a game of pool with Geoffrey Colley 37, of RR 1, Minden at around 8:15 p.m. when a fight broke out. Colley was treated for numerous lacerations at Minden hospital and released.

Eager will appear in Minden Provincial court on June 13th. Investigation by PC Al Bibby.

\$4800 damage in 3 collisions

The Minden Detachment of the Ontario Provincial Police report the following activity for the period of April 17-23. During this period the staff investigated four reportable, three non-reportable motor vehicle collisions and 48 general disturbances.

On Hwy. 121 at 11:20 pm. on Friday evening, Christopher J. Cowan 16, of Haliburton was westbound when he lost control of his 1977 pickup, entered the north ditch rolling over. No injury was sustained but the pickup received \$2000 in damage. Investigation by PC Jim Solway.

Early last Monday morning Nicholas Nimigon 61, of Haliburton, was southbound on Hwy. 35 when a car driven by Mrs. Loretta Nesbitt of RR 2, Minden drove westbound from a private driveway and collided with Mr. Nimigon's Ministry of Transportation and Communications pickup. Damage to the truck was estimated at \$1000 and the Nesbitt car at \$600.

Police have charged Mrs. Nesbitt with failing to yield from a driveway. Investigation by PC Gary Chapman.

Peter Hall 77, of RR 1, Haliburton received minor injuries last Wednesday when the 1974 car he was driving northbound on Hwy. 519, entered the west ditch and struck a rock. Damage has been estimated at \$1200. Mr. Hall has been charged by police with careless driving. Investigation by PC Weldon Popp.

Man charged after shoplifting

HALIBURTON — On Monday morning at approximately 8:30 am., Gregory C. Buchanan 17, of no fixed address, walked into the Haliburton IGA and shoplifted goods in the amount of \$5.20. On his way out of the store, owner, Chuck O'Neill, who was standing at the cash register, asked him if he was going to pay for the items he had. Buchanan just smiled and walked out. O'Neill followed him outside and got a passerby, Norm Greenfield to follow Buchanan while he phoned the police. O'Neill and Greenfield then arrested the man at the corner of Riverside Drive.

Buchanan has been charged by police with theft under \$200 and possession of stolen property under \$200 and appeared in Minden Provincial Court on Tuesday. Investigation by PC Ron Buchanan.

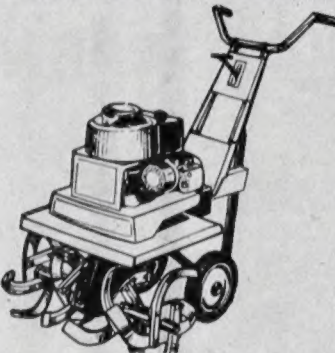
The Express was told by PC Wim Magee that a person can make a citizens arrest provided you see the person actually committing the offence and then you must immediately contact police.

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Bates named

OFSC

president



ROY BATES

Mr. Roy Bates of Haliburton has been elected president of the Ontario Federation of Snowmobile Clubs at its annual convention in Barrie. Mr. Bates will hold the office for the next 12 months.

Mr. Bates succeeds John Moskwa of Brantford, who stepped down because of increasing work commitments. Moskwa will continue to serve as a director of the Federation.

The OFSC is the spokesman for nearly 300 snowmobile clubs across the province. It will be working in three main areas of concern over the next year — safety training primarily for young riders, club strengthening through changes in legislation, and the promotion of snowmobiling as a viable form of winter tourism.

Mr. Bates, past president Moskwa and vice-president John Haynes will be meeting with Minister of Transportation and Communication James Snow and with Natural Resources Minister Frank Miller later this month to discuss what the Federation feels are the 'anti-club' aspects of the current legislation governing snowmobiles. The Federation is also working with the two ministries to provide trail signs.

Merchants form association

MINDEN — Minden's merchants got together at the municipal building on Tuesday evening of last week and formed a Merchants and Businessmen's Association. Troubled with a loss of sales, due to the lack of proper promotion, the merchants banded together, elected their executive and are now ready to do something about the fall-off of business.

Jerry Pillsworth, of Stedman's in Minden called the meeting and made a very interesting and in-depth presentation to the 30-odd businessmen and guests who attended.

Mr. Pillsworth started off with some of the aims of the association. First and foremost is the increase of sales through promotion. He cited the Treasure Chest promotion in Haliburton as one type of promotion that has been extremely successful.

He went on to say that a closer liaison between council and the merchants should be undertaken. To approach and lobby for street lights, discussion on off-street parking, erection of highway signs at the entrance to Minden and passing of bylaws relating to merchants. Another point was the installation of street amplifiers for music and announcements of store specials, adds a little more activity to Main St.

Mr. Pillsworth went into four types of sales promotion. Firstly, sidewalk sales, shopping malls, advertising summer hours and store specials. Secondly, that the association work with the Horticultural Society in sprucing up Main Street and possibly the river bank with benches and maybe wild birds in the river, such as swans, geese etc. To have OPP display vans and Ministry of Natural Resources displays on the Main St. to bring people downtown. To have people from arts and crafts, etc. to demonstrate their crafts in the stores. To look into possible grants that might be available for purchase of flags on Canada Day. That merchants advertise locally as well as outside the area, through newspapers, Chamber of Commerce Lure Books and lodges.

Finally, to capitalize on local events, Ontario Kayak Races, Maple Sugar Carnival, Fall Colour promotion and the Winter Carnival. Merchants were presented with some themes that might be adopted by the Association of which many thought that "Minden — a place to have a nice day" was the best.

Some of the other topics brought up and which will be discussed and acted upon at a future meeting were, burning dumps, employee parking and a possible bus service.

At the end of the presentation, there was a discussion of the various points raised and then the group were asked if they felt an association should be formed. The answer was unanimous and an election of officers followed. Jerry Pillsworth was elected president, Stuart Brandon of Northland Surplus, vice president and Gerald Cox of NorPhoto, secretary-treasurer.

The next meeting and first official meeting of the Minden Merchants and Businessmen's Association will be held in May.

Community Corner

The Minden and District Horticultural Society have a general meeting planned for Tues., May 2nd at 7:30 in the municipal building. Guest speaker for the evening will be Clarence Tink. Everyone is invited to hear Mr. Tink give some fine ideas on gardening.

MINDEN — The Royal Canadian Legion plans to erect a cairn in the County Seat of Minden to commemorate the residents of Haliburton County who lost their lives in the two World Wars. Haliburton Reeve Murray Fearrey read the letter from the Legion at the monthly meeting of County Council last week.

Clerk-treasurer Win Lahay was asked by council to contact each municipality requesting assistance in compiling a list of those men who lost their lives while serving their Country from this County.

Think small by Jim Smith

Blackmail

Taxes, in case you haven't heard, can be levied rather arbitrarily by the authorities concerned. Once they have been levied, it's tough to fight back. But, increasingly, government seems to be making the fight more one-sided than ever.

The Canadian Federation of Independent Business has recently received complaints from small businesses concerning government collection tactics for past due taxes.

One firm is involved with the federal government as a supplier of goods and services. Traditionally, the firm has been required to complete the work, then wait while the relevant bureaucrats sit on the bill. Eventually, the government pays up — but it can be a long, expensive wait.

One day, this same firm found that it was being hounded to pay up a few thousand dollars in back taxes. The firm figured it was cheaper to pay the taxes concerned than to try to fight back; but the firm was temporarily impecunious (a condition attributable to the government's failure to have paid for many thousands of dollars in services rendered by the firm). The firm told the tax collectors (who, lest we forget, are employed by that same federal government which was behind in paying its own bills) that it would pay up when the government made good on its own debts.

The tax collectors responded quickly and brutally by sending garnishee orders to the firm's own clients. The amount involved in back taxes was relatively small, the amount frozen by this action was relatively enormous and

the firm's owner-manager was relatively furious. No attempts were made to speed up processing of the government's own payments to this firm.

A similar incident took place in Alberta recently, except the dispute was with the provincial government. The firm had paid the taxes involved several days before the provincial tax department sent out garnishee orders to the firm's clients.

These incidents are becoming far too common. And they are taking place because of bureaucrats who have never operated a legitimate private business. In their zeal to protect the state, these bureaucrats forget that the state is too often the reason for the initial difficulties.

A garnishee order is a serious business. Many firms involved in this sort of action find that they lose valuable customers who do not wish to become involved in the paperwork associated with these garnishee proceedings. Some potential clients merely feel that the order itself is sufficient proof of the firm's lack of ethics. And, of course, there is the small matter of the firm's entire working capital being tied up while some bureaucrat narrowly-mindedly protects what he perceives as the nation's interests.

Tough, efficient bureaucracy undoubtedly has its place. So, however, does humanity and respect for the public that our bureaucracy was established to serve.

"Think small" is an editorial message from the Canadian Federation of Independent Business



"Mother says no respectable girl would ever bob her hair!"

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Ask Alma

Dear Alma,

For many years I was on call 24 hours a day in a highly diversified, demanding job — housewife and mother. Now that I have a \$3.25 an hour part-time job, my husband considers me more important and prestigious. How's that for a male chauvinist pig? — His wife

Dear Alma,

I have a creative job which I'm very proud of. I do not bring in an income anywhere near my husband's paycheck, but nonetheless, I put in the hours. He considers my work "playing" because it's low paying. How does one deal with that attitude? — Really Mad

Dear His Wife and Really Mad,

You can't change someone else's attitude. You can only choose to let it upset you, or ignore it. I'd ignore it.

In terms of self-fulfillment, isn't it more important what YOU think?

Dear Alma,

I am a 15-year-old girl and have dark fuzz over my lip. I really hate it. My mother won't let me shave or bleach it. She says it will

come back thicker and darker. Is that true? — Please, no name.

Dear P.N.N.,

Mother is half right. Shaving, as well as other temporary solutions like waxing, tweezing and chemicals, do tend to make the hair growing back look thicker and darker. The reason is that the light fine hairs removed along with the coarser ones become dark and more noticeable in their regrowth.

Bleaching is the least damaging temporary treatment but some women object to the blond "shine" on the upper lip afterwards.

The only permanent solution to this common embarrassing problem is electrolysis. In this method the hair roots are permanently destroyed with a small amount of electric current. This treatment is quick, a little uncomfortable and should be administered only by a state-licensed electrologist.

HAVE A QUESTION about yourself or people you know? Write to ASK ALMA c/o this newspaper and watch for the answer in this column.

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APRIL — Thur. 27; Fri. 28; Saturday 29.

STEOMANS

MAIN ST., MINDEN, ONTARIO

One sitting per subject — \$1 per subject for additional subjects, groups, or individuals in the same family. Persons under 18 must be accompanied by parent or guardian.

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SAUTEED POULTRY or meat is a time saver for working cooks.

Sauteing helps get the jump on company dinner

The Cook Works

By GLORIA COLLINS

CURRY SAUTE

- 1 medium onion, finely diced
- 1 lb. regular ground beef
- 1 medium green pepper, finely diced, a little butter and oil
- ¾ tsp. salt
- 1 tbs. or more curry powder (depends on how fresh it is)
- ¼ tsp. garlic powder (or more to taste) and paprika
- ½ tsp. ginger, black pepper
- 3 cloves
- ½ c. water (or more later as needed)
- 1 c. raisins
- 2 fresh tomatoes, peeled and seeded or equivalent canned
- 1 c. frozen peas

Saute onion and green pepper in butter and oil over high heat until tender. Add ground beef and continue to saute several minutes until you can drain off excess fat from meat. Add salt, curry powder, ginger, garlic and cloves. Mix into meat and allow to cook another five minutes. Then add ½ c. water, raisins and tomatoes. Cover and simmer about 10 minutes. Add a little more

water if needed. Add frozen peas and continue to cook another 10 minutes. Adjust seasonings, adding more salt and pepper if necessary and serve over rice with mango cutney, bananas and coconut.

STEAK DIANE

- 2 lb. sirloin, porterhouse or strip steak, ¾ inch thick
- ½ c. sliced mushrooms
- 1 sliced onion
- 1 clove garlic
- ¼ c. butter and a little oil

- 1 tsp. dry mustard
- ½ tsp. salt
- 2-3 tbs. chopped parsley
- 1 tsp. lemon juice
- 1 tsp. Worcestershire sauce
- fresh black pepper
- 3-4 tbs. brandy

Wash, dry and slice mushrooms. Slice onion and chop garlic. Cook in ¼ c. butter and a little oil for 2-3 minutes. Push aside or remove from pan. Add remaining butter. Blend mustard, salt and parsley and add to butter in skillet. Coat steak on both sides in butter mixture. Cook approximately 3

minutes on each side over medium high heat. When steak is almost cooked to your liking, remove from pan. Blend lemon juice and Worcestershire sauce with butter mixture. Return steak and mushrooms. Coat well. Add brandy. When it is hot ignite. Serve at once.

TARRAGON CHICKEN

This classic chicken saute was first served to me by Helen Ross. It is her adaptation of a recipe by Craig Claiborne.

- ½ c. all-purpose flour
- 2 tsp. salt
- ½ tsp. freshly ground black pepper
- 1 frying chicken cut into serving pieces or chicken legs
- ¼ c. butter
- 2 tbs. finely chopped shallots or green onion
- 1 clove finely minced garlic
- ½ c. dry white wine
- 2 fresh tomatoes, peeled and seeded
- 1 tbs. chopped parsley and ½ tsp. or more dried tarragon

Combine flour, half the salt and half the pepper. Dredge chicken in flour and brown in 3 tbs. butter in a large heavy skillet. Transfer to a warm dish, put rest of butter in skillet and add shallots and garlic. Saute over low heat 3 minutes, stirring all the while. Do not brown. Add wine and cook, stirring until brown particles are dissolved. When most of liquid has evaporated, return the chicken and add tomatoes. Salt and pepper to taste. Add tarragon, cover and cook 30 minutes on low heat or until chicken is tender. Sprinkle with parsley and serve with rice.

SAUTE DE VEAU

- 1 lbs. veal shoulder steak about ¾ inch-1 inch thick
- flour
- salt and freshly-ground black pepper
- ½ tsp. paprika
- 1 tbs. butter
- 1 tbs. oil
- 1 finely chopped onion (small)
- ½ clove garlic
- 1 bayleaf
- ½ tsp. thyme
- 1 sprig chopped parsley
- ½ pint chicken stock (made with cube if necessary)
- ½ glass white wine
- 2 small carrots, sliced lengthwise

Cut veal into ¾ inch or 1 inch cubes. Dredge in flour and season with salt, pepper and paprika. Saute in hot butter and olive oil until browned on all sides. Add onions and garlic; cook briefly and then add bayleaf, thyme and parsley (tied in cheesecloth if possible). Add stock and wine; cover pan and simmer gently about 20 minutes. Add sliced carrots, cover pan and simmer until carrots are tender and veal is cooked. If sauce is too thick, add a little more stock as needed. If it is too thin, thicken with a little flour and butter that have been rubbed together with your fingers. Serve with herbed rice and sherried onions. (Recipes for those will be given next week.)

Jolly Green Thumb

BY MARY FUREY CRYMES

A rhubarb lover's favorite season has got to be spring. That's when he sees his favorite vegetable, pink and succulent, nestling amid the produce at the supermarket. Nestling amid the rhubarb is a pretty hefty price tag which discourages many from buying. It's possible to grow your own wonderful, tangy rhubarb, if you have a little garden space and a lot of patience.

It takes two years from planting to harvesting the first stalks, but your dedicated rhubarb fan will tell you it's well worth the wait. Care of the large-leaved plants is hassle free, and plants grow to tropical heights. They can be put in the back of flower beds, or

along fences where drainage is good or slapped into a discarded vegetable bed. Plants need some sun and well-composed soil for sturdy growth. You begin with roots you buy at the nursery or obtain from a rhubarb grower.

Plant these in deep holes so that the tops of roots stand 3 to 4 inches below ground level. Water frequently and add more compost if stalks appear spindly or pale. Most strains sold today are disease free, but you should watch for signs of wilt or crown rot. Both are easily detected and crown rot calls for digging up and starting over. Remove stray seed pods from stalks as you spot them. Mulch cut-back plants heavily over the first winter.

Comes the day you can snap off those succulent stalks and you'll know why rhubarb has so many fans. Perhaps it's the longevity, once set you can count on a spring-through-summer supply for eight or nine years. Remember to use only the stalks. Leaves are a no-no, because eating them can make one seriously ill.

Rhubarb goes into pies, is great stewed and sweetened and was a tonic in Victorian times. It's terrific for jam and conserve and combined with summer fruits. "It tastes like what spring would taste like if you could taste it," is the way one fan described it, and who can think of a better definition than that?

WANT TO IMPROVE the yield of your garden and the quality of your vegetables? For a free, 16-page full color booklet, send a post card to: "How to Grow Your Own Vegetables," JOLLY GREEN THUMB, c/o this newspaper.

Advertising... points the way to better buys



OWEN SOUND BOOZE BUST

RCMP Corporal Al Larocque shows off equipment found in a downtown Owen Sound apartment last week during a raid on a moonshining operation. Police say the 30-gallon hot water heater was used as a still, producing 90 proof alcohol. A total of 1500 gallons of moonshine liquor were found in the apartment.

In the News



TOM SEAVER'S hoping he won't have this 'over the fence' homerun look in his eyes too often as the Cincinnati Reds swing into a promising season.

SUBURBIA



"It almost makes you shudder about the future when you realize that these days will someday be known as 'the good ol' days.'"

WI hold elections at meeting

The April meeting of Minden's Women's Institute was held at the United Church hall with Mrs. Lyman Cox presiding. She read a verse "God's Loving Hand" and after the usual opening, fees of \$2 were paid by 19 members with three life members also present. Mrs. M. J. O'Neill acting as secretary, as Mrs. Clarke was ill.

Mrs. Allan Taylor's report showed 27 cards sent since the March meeting, her yearly report showed 313 cards and one floral arrangement sent. Correspondence was read and several thanked us for our good wishes while they were ill.

Mrs. Mary Armstrong of Elmsley Branch WI will make arrangements for our luncheon and tours on our bus trip of May 31st to the Perth area. Mrs. Kernohan will take your name and WI members have until May 17 to get their names in for reservations.

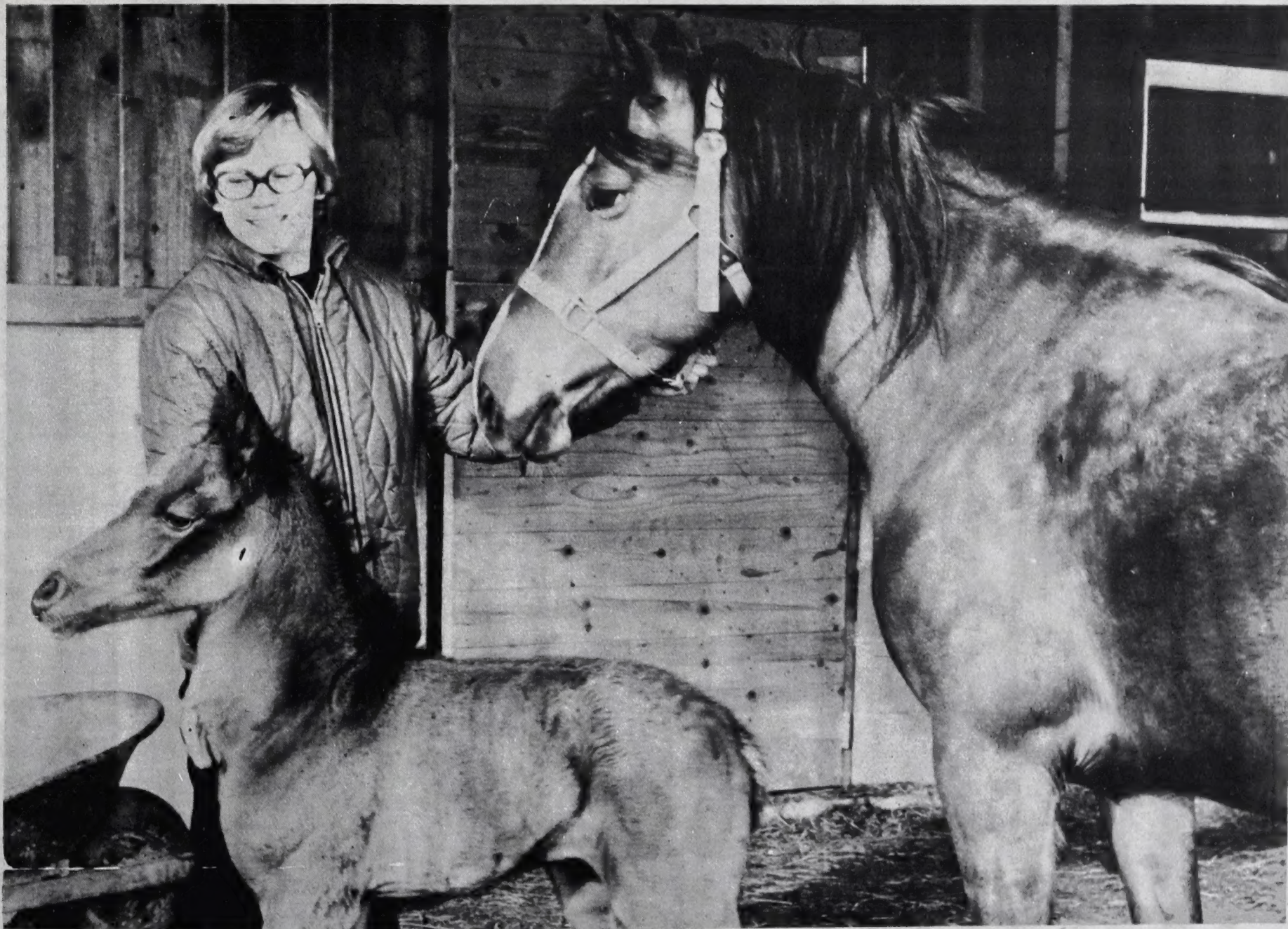
The Honorariums are to be paid to the secretary Mrs. P. Clarke and treasurer, Mrs. A. Kernohan. Mrs. Wm. Moore read a verse "April is like a Bride" and Mrs. Arnold Coulter another, "Grandma has changed." Envelopes were given out to convenors so reports might be sent in immediately to district officers. Home and Country magazines were ready for everyone, did you read yours yet?

Mrs. Sears conducted the Election of Officers with the slate as follows: President, Mrs. Lyman Cox; 1st vice Mrs. C. Brown; 2nd vice Mrs. A. Todd. Secretary Mrs. J. Hulbig; Treasurer Mrs. A. Kernohan. Branch Directors, Mrs. R. Hughes, Mrs. Arnold Coulter, Mrs. W. Moore and Mrs. W. Burns.

Members at large accepted those taking office and Mrs. Cox resumed the chair. She thanked us for giving her this position for another year.

Collections for Card Convenor and Pennies for Friendship were taken. A lovely Afghan had been made and donated by Charlotte O'Neill and it was decided to sell tickets on this, with the draw to be made at our September meeting.

Next meeting will be at the Orange Hall on May 17th at 2 p.m. A lovely lunch was served by the committee and a social time followed. Don't forget if you know anyone who would like a card while in hospital or on another occasion, just call Irene at 286-1674.



Julius Caesar Majad

WEST GUILFORD — Spring is definitely here when you can head for the farms in the County and spot young calves, piglets and ponies. Above, Julius Caesar Majad, was born on a farm in West Guilford two weeks

ago and gets his first taste of the outdoors. Proud owner Heather Harrington and mother Cindy, keep a watchful eye on the rambunctious youngster.

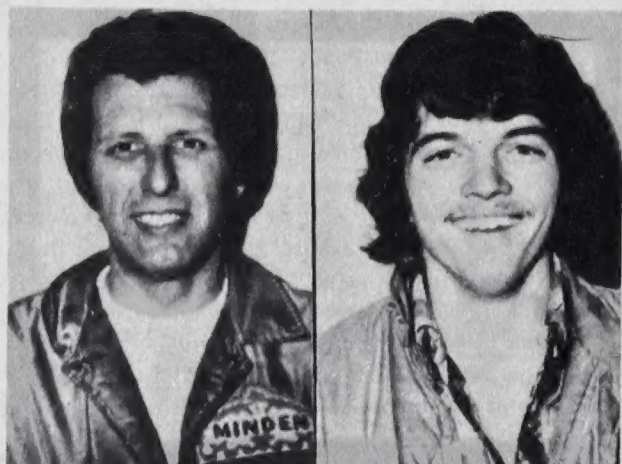


The Highlands Express

sports



Recapping the '77-78 season with Minden's Bantams



DAVE WAITE
Coach

JOEY WAITE
Equip. Manager

MINDEN—The 1977-78 All-Ontario Bantam 'D' Champions are the Minden Jadek Sport Bantams. They didn't get to this lofty plateau without an awful lot of hard work and dedication over this past season. Coaching also played a major roll in the teams successes this year. Dave Waite, head coach of the team, set goals at the beginning of the year and assistant coaches Al Arbuthnot and Bob Beeney, worked with the boys constantly, improving their weaknesses day by day, until they became a team destined for success.

The team sported a league record of 15 wins, two ties and two losses, resulting in a first place finish in the 13 team league. In tournament play they had a record of five wins and a loss, this loss coming in the championship game in Haliburton to Ajax. They were victorious in the Minden tournament and won 13 of their 18 playoff games.

The team, in 43 league, tournament and playoff games, scored 218 times while allowing just 116. Goal-tenders Terry Crowe (2.37) and Stanley Baker (3.45) had an outstanding year in the nets.

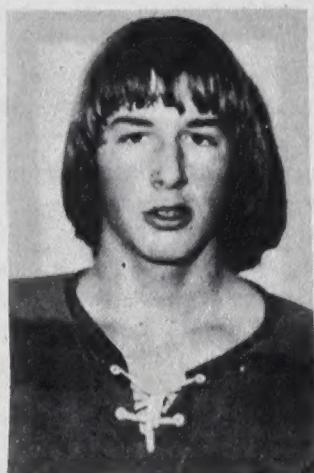
Ronnie Yake led the team on offence all season with 61 goals and 54 assists for 115 pts. Harold Porter was right behind with 58 goals and 37 assists for 95 pts. Yake also had nine game winning goals, Porter seven, Shawn Chapman four, Scott Arbuthnot three, Brent Moxam and Ivan Ingram, two.

The team accumulated 571 minutes in penalty time, with Porter leading the way with 100 minutes, Arbuthnot 75, Yake 71 and Austen 67.



AL ARBUTHNOT
Manager

BOB BEENEY
Asst. Coach



RONNIE YAKE
Forward, age 14
61 goals, 54 assists



HAROLD PORTER
Forward, age 14
58 goals, 37 assists



SCOTT ARBUTHNOT
Defence, age 14
26 goals, 41 assists

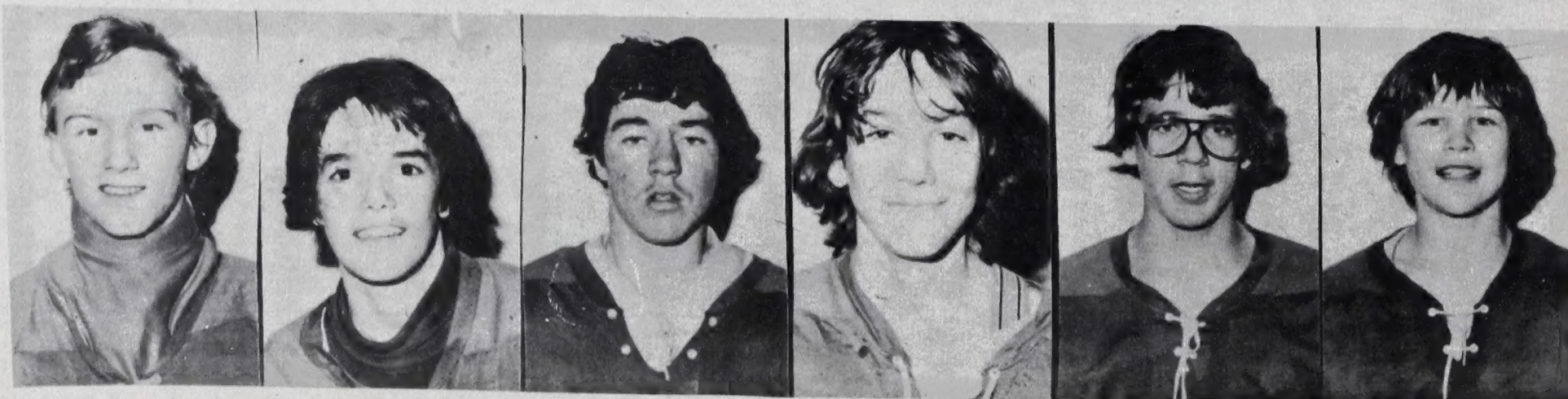
STANLEY BAKER
Goalie, age 14
GAA 3.45

BRET AUSTEN
Defence, age 14
5 points

GREG AUSTIN
Defence, age 13
3 goals, 4 assists

RICKY BEENEY
Forward, age 14
4 goals, 11 assists

SHAWN CHAPMAN (C)
Forward, age 14
21 goals, 25 assists



TERRY CROWE
Goalie, age 13
GAA 2.37

IVAN INGRAM
Forward, age 13
17 goals, 13 assists

DAVE LENNIE
Defence, age 14
4 goals, 9 assists

JEFF MILBURN
Defence, age 14
4 points

BRENT (Spike) MOXAM
Forward, age 14
14 goals, 13 assists

KEVIN SHAPIERA
Forward, age 14
7 goals, 20 assists

1st annual Pins Over Average team tournament at CNE

The Ontario Bowlers Congress have for the past few years been involved in conducting zone roll-offs at this time of year for the purpose of qualifying bowlers to compete at the Canadian National Exhibition Bowling show. These roll-offs catered to the top calibre of bowlers. However, the lack of support of these events indicated that a change in format was in order.

The Board of Directors of the OBC decided that the tournament must appeal to all bowlers, regardless of ability. Therefore, it was decided to incorporate a pins over average team tournament. Teams will participate at house and zone levels with the top team in each of the 24 zones ultimately qualifying to compete at the Provincial championships during the 1978 CNE.

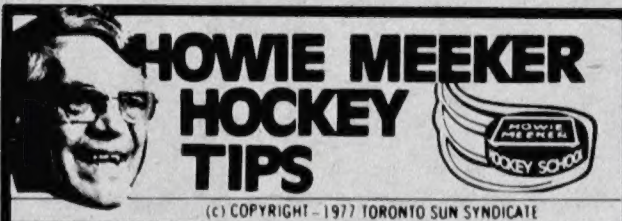
We are very excited about the possibilities of this tournament and are sure that it will go a long way in adding excitement and fun for our members as the bowling season comes to a close. This tournament can be your way of thanking all the bowlers who have supported your association (1000 Lakes) throughout the year.

Entries will be taken up to the House Round roll-off, which will be rolled possibly on May 23rd. The House Round will consist of three games. The bowlers highest average in the house will be used, a team will consist of six players and count six scores. Teams must be league teams with up to three spares allowed, as long as the spares are registered in that league. The entry fee is \$10. a team and lineage.

Zone Round of this tournament will be rolled on June 18th at Carnarvon. The same individual and team averages will be used in the zone round as used in the House Round. The average date will be April 3rd. Once again three games will be rolled at the zone round. Lineage fee only at the zone round.

All teams interested in entering this new Pins Over Average tournament please contact Carnarvon Lanes proprietor, Gord Everall or 1000 Lakes Director Ron Robinson immediately.

One team in ten that enter at the House Round advance to the Zone Round. So get your entries in quickly bowlers. There will be over \$5000 in merchandise prizes at the House Round and \$2000 at the Zone Round.



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PASSING TECHNIQUE AND DRILLS

It is of utmost importance that every boy understand at least the mechanics of making a pass. Not all of them will acquire the skill, mind you, but those who do will take their place among the top players on any team. Every boy deserves the chance to learn how to pass, but it presents one of the most perplexing problems in my hockey experience. I played in the NHL for eight years, yet I drove linemates crazy. I couldn't pass the puck out the Zamboni gate from 20 feet away. I never had much luck at finding someone to teach me to pass, so at 35 years of age, I figured it was time to work the thing out for myself.

The self-learning process began after my arrival in Newfoundland. And my big breakthrough came, not on the ice, but when involved in Newfoundland's annual fall ritual, the moose hunt. Every season my boys and I zero in with our .270 moose rifles. I was watching my son line up his rifle with the target when I suddenly started to relate his actions to hockey. That wasn't an unusual thought switch for me; there's not a day in the year when I don't spend some time thinking about hockey.

The flight path of a bullet, and passing... I realized that at the moment of bullet release, when my son squeezed the trigger, the face of the barrel had to be square with the target. If it was, the bullet had to be on target. It could be high or low, but not out of line.

If a stick blade was square with the target at the exact instant of puck release, the puck had to be on target. There was no way it could be otherwise. I had discovered what thousands of people already knew, but I still felt like Alexander Graham Bell. I couldn't wait to get on the ice with a group of boys and try it out.

When I watched the passer closely I found the only hand he moved was the bottom hand on the stick. I discovered that the only time the blade was square with the target was at the beginning of stick movement. Nearly all the players started the pass from the centre line of their bodies, or in front of them. Then the player would sweep the puck toward the target, and before the puck disengaged from the blade, the blade was no longer square with the target.

The obvious remedy for this was to move both hands, top and bottom, at the same time instead of just the lower one. That would keep the blade of the stick square with the target throughout the swing. But that skill was way beyond the ability of our average beginners.

So we tried having the passer move the puck well behind the centre line of his body and start the pass from there. Eureka! When he started the pass from in front of his rear foot, the blade travelled eight to ten inches before the puck disengaged — just when it was perfectly square with the target. The puck zeroed in on the target as if it had eyes.

Sunday night mixed league

To close the bowling season a supper and dance were held Saturday, April 15th at Club 35 where the following awards were presented:

Before Christmas:

Ladies High Average, Marnie Robinson 232

Men's High Average, Wes Stata 222

Ladies High Single, Marnie Robinson 339

Single with handicap, Brenda Cook 352

Ladies High Triple, Ev Stata 665

Triple with handicap, Debbie Harding 780

Men's High Single, Ron Robinson Sr. 311

Single with handicap, Jim Hicks 348

Men's High Triple, Don Hicks 779

Triple with handicap, Dan Harding 810

Series after Christmas:

Ladies High Average, Ev Stata 218

Men's High Average, Ronnie Robinson Jr. 239

Ladies High Single, Debbie Harding 343

Single with handicap, Marlene Cook 295

Ladies High Triple, Ev Stata 830

Triple with handicap, Dorothy Ann Robinson 822

Men's High Single, Ronnie Robinson Jr. 395

Single with handicap, Colin Robinson 325

Men's High Triple, Wes Stata 800

Triple with handicap, Tim Hughes 815

TEAM STANDINGS: 1st, Wes Stata's Polecats, Lorna Hicks, Mary Wilson, Jane Hicks, Eric Milburn and Keith Foote.

2nd: Bob Robinson's Gong Squad, Carolyn Anderson, Kandy Craig, Chris Scott, Dorothy Ann Robinson and Peter Barclay.

3rd: Marnie Robinson's Chipmunks, Linda Thorpe, Bernie Thorpe, Colin Robinson, Keith Kennedy and Tim Hughes.

4th: Ron Robinson's Qum Quats, Debbie Harding, Andy Hill, Beth Hicks, Jon Hicks.

5th: Don Hicks' Odd Balls, Ev Stata, Bessie Cameron, Ian Hicks, Doug P. Robinson.

6th: Ronnie Robinson's Raiders, Marlene Cook, George Wilson, Sandra Hicks, Jim Hicks.

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OBC lottery draw results

TORONTO — Notre Dame Bowlers Association was the big winner in this year's Ontario Bowlers Congress lottery draw. This new de-centralized association have now won themselves a 1978 Buick LeSabre. The tickets in the draw were drawn from the drum by Mrs. Flo Cutting a life member of the OBC board.

There were five draws for colour TV's and these went to the following people: P. Russell, St. Catharines Big Brothers in Barrie, Ray Power, Toronto, Helen and Lionel Rogerson, Aylmer, Quebec, and Robert Brown of Kitchener. Congratulations go out to you all.

OUR WEEKLY BREAD



Come to Me all that labour and are burdened. These are the words of God, an invitation to each and everyone rich or poor. This is indeed one of the finest invitations anyone could receive. Man seems to feel that power and possessions bring much happiness but what we really should realize is that in our time it would be sufficient to be able to survive reasonably well & also invoke God to give us grace to do so. —PM

We had a couple open-end investments: all the money fell out as soon as we put it in.

O trust in God! for His bounty is everlasting, and in His blessings for they are superb.

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BOB MANN, Publisher

CLIFF BURKE, News Editor

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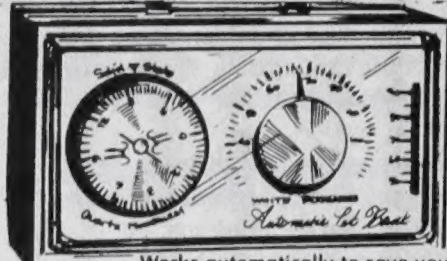
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X plus Y equals . . .

by Richard Charles

See if you can figure this one out. Mr. and Mrs. X usually shop at A's Supermarket, but they are celebrating an anniversary and they notice that B's Supermarket has a special on steaks. It costs them 50¢ more for gas to go the extra distance to B's, but they buy five pounds of steak for \$11.25 — a saving of \$1.25 — and they are still 75¢ ahead.

That evening the X family of four sits down to plates well filled with steak. Life is good. And when they have done, they all pitch in and empty their plates into the garbage, including scraps amounting to one pound of the original steak.

For Mr. and Mrs. Y this is just an ordinary day. They go to B's Supermarket, but balk at the price of steak, even on sale. The ground beef looks fine, not too fat, and they take home three pounds of it at a cost of \$4.00. That evening the Y family of four makes a good meal of meat loaf made to mother's special recipe with eggs, tomato juice and spices. There are no leftovers. One pound of the ground beef had been kept back to make into hamburgers tomorrow.

Meanwhile, back at the X's, the family sits back in a comfortable after-dinner glow. It would seem ungrateful after such a lovely meal to recall that by throwing away one pound of the steak they had boosted the price to about \$2.80 for each pound consumed, plus the energy needed to cook 20% more than was needed, and the farm feed and other costs required to produce that unwanted pound of beef. Then there are the energy and cost involved in marketing, and . . .

The moral of this arithmetic is not that ground beef always makes more sense than steak, but that waste makes no sense at all.

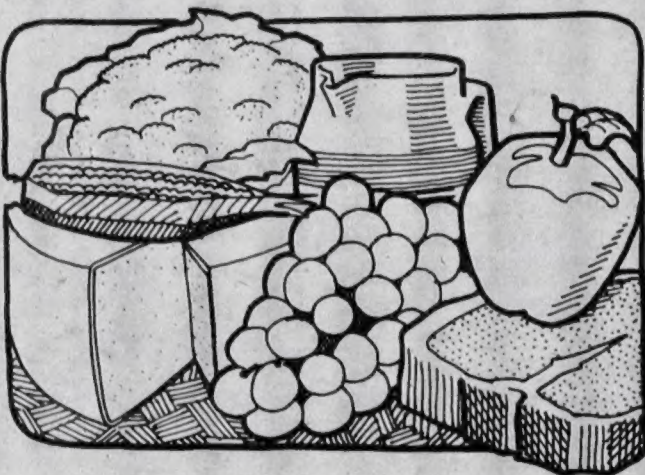
Yes, it's an old story. And when we stick six or seven zeros behind those figures, we come up with the old answer that Canadians are among the biggest food wasters in the world. Sometimes the loss goes into the garbage truck that hauls it away to be fed to the rats or be burned to a cinder, but sometimes it goes into the unwanted pounds that have to be worked off with jogging, or saunas or visits to the doctor.

Why do we keep doing it? Perhaps we let our appetites deceive us. Perhaps we think the good life means a loaded table. Perhaps we see prudence and saving as part of a shameful past (the Thirties and all that). Perhaps we can't be bothered to stop and figure things out. There are probably thousands of reasons, and they are all daft.

So what's the alternative? Nothing that is likely to break our backs — produce fewer scraps and leftovers, make appetizing dishes of the unavoidable leftovers, and turn the uneatables into organic plant food.

This may seem like an odd place to look for them, but you can find some interesting and practical menu ideas in **The Garbage Book**, a publication of the Office of Energy Conservation, Department of Energy, Mines and Resources. Write for it to Box 3500, Station C, Ottawa, Ontario, K1Y 4G1. This gives you a rapid review of the cereals, meats, oils and fats, fruits, vegetables, dairy products, and stuff like coffee grounds, with general hints on what to do with the groceries. It also covers a lot of other kinds of waste.

And by the way, Mr. and Mrs. X, will you please knock it off? You're only wearing out this poor old world to provide you with things you don't need.



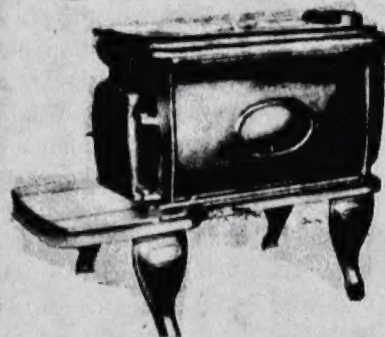
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Monday, April 17, 1978

TRADE—DISCREPANCIES IN RETAIL PRICE OF GASOLINE— REQUEST FOR INVESTIGATION

Mr. W. C. Scott (Victoria-Haliburton): Mr. Speaker, my remarks tonight result from what I considered to be an unsatisfactory answer to a question that I asked of the Minister of Industry, Trade and Commerce (Mr. Horner) in this House on February 14 of this year. It does not, however, mark the beginning of my interest in this matter. A quick check of my records indicates that I have been asking questions of various ministers concerning gas and oil pricing policies since about the middle of 1973.

On February 14 I asked the Minister of Industry, Trade and Commerce if his department would look into the possibility of collusion between the major oil companies to squeeze out independent gasoline dealers and establish monopolies throughout the country in retail sales outlets. The minister replied that my representation would be noted. Surely, Mr. Speaker, something more than that is needed now that we have firm evidence that all is not well in the area of gasoline retail sales in most parts of the country. Surely a minister who has any real interest in his area of responsibility would make some kind of an investigation into charges that are as serious as those that I have made.

My concerns lie in three distinct areas, all of which are related and are designed to work a hardship on the Canadian motorist. Although the minister replied that gas marketing falls within provincial jurisdiction, it will be seen that there is an element of federal responsibility and federal jurisdiction involved in my charges.

First of all, Mr. Speaker, there is clear evidence, supported by sworn statements by oil company executives to the Isbister royal commission hearings, that some if not all major oil companies transfer refined products to their own outlets at prices lower than their net prices to independent dealers. It was shown that the purpose behind this practice is to allow their outlets to undersell the independents and force them out of business. Wherever independents are forced out of a neighbourhood, the price of gasoline is pushed back up by the surviving gas stations, owned of course by major oil companies.

This practice is called loss-leadering, which in the business community is considered a legitimate business tool but which, when used as a continuing practice to discourage competition, can only be considered an unfair trade practice. It is, in fact, a violation of anti-combines laws.

My second concern is that this practice has already forced many independent gasoline dealers out of business, and more will follow if nothing is done to correct the situation. This results in loss of jobs in an industry where thousands of people are employed directly and many more indirectly. Independent dealers have enormous sums of money invested in equipment and facilities, and employ thousands of people all across the country. Yet, Mr. Speaker, the competitiveness in the field of independent oil and gas retailing holds down the cost of gasoline to motorists and transportation firms, tourist operators and others. It has already been established, for instance, that part of the reason for the decline in tourism in Ontario, and I would suspect in other provinces, is the cost of operating a motor vehicle in our country. This is not only the fault of the oil companies but the federal government. I will get to that in a moment as my third area of concern.

The oil companies complain that they must engage in price-cutting from time to time to compensate for excess refining capacity. This, of course, is the major cause of the frequent price wars that work an even greater hardship on independent dealers, and ultimately on gasoline customers.

The plain fact is that the oil companies are using upstream profits to offset downstream losses. This in turn puts the squeeze on the independent dealers. Something must be done to average out refining to avoid periods of excess refining capacity, and something must be done to prevent the major oil companies from waging aggressive war against independent gasoline retailers.

My third bone of contention is the ten cents per gallon federal tax on gasoline, imposed in July of 1974, and the uneven pricing policies that see motorists paying as much as 20 cents differential for a gallon of gasoline between filling stations 50 miles apart. When there is that much difference in the price of a gallon of the same gasoline, I cannot help thinking that there is a violation of anti-combines laws.

The additional ten cents per gallon federal tax on gasoline is unjust. It is inflationary, it works a hardship on all those people who use motor vehicles in their businesses, and on the tourist industry. I ask the minister if he will consider that I have a legitimate complaint and if he will now undertake an investigation that will lead to corrective action.

[Translation]

Mr. Bernard Loiselle (Parliamentary Secretary to Minister of Industry, Trade and Commerce): Mr. speaker, differences of up to 16 cents a gallon in the retail price of gasoline within the same area occur as a result of market forces and the profit margin that the local retailer and the oil company are prepared to accept to keep their share of the market.

The competition in the retail gas business is quite brisk in any large urban area. It can cause prices at the pump to be lower than posted wholesale gas prices, that is the amount the wholesaler gets from the local service station operator. The difference in those prices is absorbed by the oil companies on behalf of their retail branches. Independent branches may not be able to enjoy that advantage. In addition, up to 10 per cent of the difference in the wholesale gas price between two cities can be due to transportation costs.

Refining operations must also be taken into consideration. During the winter the demand for gasoline decreases whereas the demand for home heating oil increases. However, the nature of the refining process is such that a certain amount of gasoline is derived from a barrel of crude oil whether there is a demand for gas or not. In other words, the refiner who produces enough home heating oil to meet the demand in winter must necessarily also derive gas therefrom in such quantity as to exceed demand. In the final analysis, this factor has a repressive effect on gas prices for both wholesale and retail outlets. If a major refinery ends up with an amount of gas in excess of what it can store it will get rid of it on the market through its network of retailers in those places where they are most likely to sell this product. The other retailers must then lower their prices and engage in gas price war. Obviously, if it is a very local and busy area of a city, prices there can get very low, whereas prices can be relatively high in other areas.

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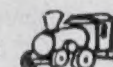
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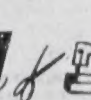
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Blue Jays and Expos Featured in Major League Baseball '78 on CBC-TV

April marks the return of Major League Baseball to CBC Television for a tenth season and Canada's two major league teams, Toronto Blue Jays and Montreal Expos will be featured in 35 telecasts of home and away games this year.

The first televised game was April 6, when the Blue Jays met the Tigers in Detroit. Expos made their television debut April 14 against New York Mets at Montreal's Olympic Stadium.

The Blue Jays, beginning their second season in the American League, will be seen on 19 CBC telecasts (8 home, 11 away), and Expos, in their 10th season of play in the National League and

on the CBC, will be featured in 16 telecasts (11 home, 5 away).

Major League Baseball '78 on CBC-TV will also include the Annual All-Star Game from San Diego on July 11.

CBC's outstanding baseball broadcast teams will also return. On the Blue Jays telecasts, award-winning commentator, Don Chevrier will be teamed with former New York Yankee great Tony Kubek and program host Tom McKee. On the Expos games, Dave Van Horne, the Voice of the Expos, will be joined by former Dodger star Duke Snider, with Bob McDevitt hosting the programs.

John Spalding is Executive Producer of Major League Baseball '78. Ron Harrison will direct the Blue Jays telecasts. Expos coverage will be produced by Bob Smith, with Michel Quidoz directing.

Canadian Comment

BY PETER WARD

OTTAWA — (SF) — It's a common complaint of MPs that the regular debates of the House of Commons aren't covered the way they should be, because news people concentrate on the daily Question Period. It's a fair criticism, but Question Period, after all, does tend to capsize the major current events.

Recently, though, the Commons saw debate on amendments to the National Aeronautics Act, and one speech by Tory Alvin Hamilton just leapt off the pages of Hansard at you.

Hamilton was making the point that insurance companies have a sweetheart deal because of actions taken by the bureaucracy which were unauthorized by Parliament. It's standard procedure for the legislation of Parliament to be fleshed out with rules drafted by bureaucrats, but sometimes the rules pervert the intent of the legislation.

In this case, Hamilton pointed out that every passenger on Air Canada and Canadian Pacific Airlines is insured for \$75,000 as part of the price of the ticket, but because of federal rules, hardly any policy benefits get paid. To collect, the relatives of any fatality victim have to prove who was at fault in the accident, then the insurance company pays, and collects from the liable party.

The obvious intent of the act as passed in Parliament was to protect the relatives of those travelling on Canadian airlines,

but when court costs and accident investigation can run to hundreds of thousands of dollars, few of those mandatory policies can be changed.

Hamilton had another example of bureaucratic perversion of legislative intent. Somebody in the civil service decided on examining the baby bonus laws that any child who had lost both mother and father must surely have an estate and consequently wouldn't need the \$20 a month family allowance. That means that orphans in Canada can't collect the baby bonus.

What total nonsense. Two things are needed to correct the morass of regulations drafted by bureaucrats and often never seen by Parliament. We need a freedom of information law with teeth, and we need the authority of Parliament to recall any piece of legislation to examine the regulations involved with a fine eye.

There's no denying that bureaucrats in the main are well-intentioned servants of the public, but they have a tendency to get carried away with detail when it comes to creating rules. That's because everything to do with federal laws must be done according to the book.

There has to be some way to reduce the number of government regulations, though, and to put some common sense into the ones which remain. Government, Parliament and the bureaucracy are after all servants of the people, not vice versa.



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FOR SALE: 1973 Moto-Ski 440 Capri, original owner, low mileage, back rest and carrier. Call 286-1105.

Woman's Navy all-weather Coat, size 14-16. Phone 457-2672.

FOR SALE: 1975 Olympic 300 Ski-doo, like new and a 1972 340 TNT. Call 286-2082 after 5 pm. (6c)

FOR SALE: Dual 1225 turn table; Marantz 1120 integrated stereo amplifier, 60 watts per channel RMS; Integral EPI power amplifier boosts power to 150 watts per channel RMS; and four Cerwin vega speakers. Above items will be sold individually or as a package. Suitable for DJ work. Call 286-1105.

SKATES, girls size 10½, \$3 call 286-2429.

'69 COMET (for parts) \$75. Good motor, hd shocks, new parts, call 448-2176.

WINDOW AIR CONDITIONER, \$100. Phone 286-2429.

22 CALIBRE Repeat RIFLE 3 months old, excellent condition. 286-1844 ask for John

'71 SKIDOO Nordic, \$450.00 Phone 286-2096.

FLOOR POLISHER \$5. call 286-2429.

1972 RUPP Snowmobile, 30 hp electric, \$400 or best offer. Call 489-2036.

TRUCK CAP (Wood) carriers windows and screens. 6' box, \$45. Call 448-2176.

1972 TNT 640 completely overhauled, good condition. Reason price, 1 owner, call 286-2096.

ROCKING CHAIR, dresser, spool bed frames, clock, sewing machine, some antiques, many items. 489-2297

MINDEN CENTRAL — four bedroom, ideal for home, office, business, good terms phone 457-2320 or 286-1454.

1 Antique sideboard, oak, over 100 years old. Phone 457-2018.

LADIES CLOTHING, suits, coats, dresses, long and short, boots, shoes, purses, good and cheap. Box 332, Minden.

FOR SALE

1973 CHEVELLE WAGON, good body, runs well, \$750. cash. Call 457-2320 evenings 286-1454.

CHEST FREEZER, excellent condition \$125. or best offer. Box 332, Minden.

1970 SNOWCRUISER excellent condition, 28 hp with reverse and a spare motor. Phone 754-2294.

OMARK powder activated fastener for driving nails into concrete. \$150.00 firm, with extra nose piece and piston. Guaranteed. Phone 286-2526. (15)

One Antique Buffet with six oak chairs, need recovered. Call 457-2018.

Portable Electric Heater — with thermostatic controls, \$15. Call 454-8812.

1959 GMC 1 ton panel. Four speed auto, as is, sui able for camper.

INGLIS DRYER, like new, 30 ft. of cable and plug included, \$130. Call 454-8812.

Antique SCHUBERT PIANO in good condition with stool, please call 286-1751.

ANTIQUE GRAND PIANO (upright) perfect condition, scraped to natural wood finish (circa 1830-50) \$1200.00 Call 457-1951.

8 MM MOVIE PROJECTOR one super 8 movie projector. Call 286-2154 evenings.

SALAD BOWLS, serving platters, warming casseroles, drapes, Sherbert glasses etc call 489-2237.

CHEV ENGINE, LT 350 hp, complete job, 5000 miles since built, call 448-2264.

WOMAN'S WARDROBE — slacks size 16, shoes size 7-7½. Some never worn. Call 457-2672.

SPLIT LEATHER PANT coat with zip out lining. Size 14-16, phone 457-2672.

Electric lawn mower, hedge trimmers, traps, belts, coleman lamps and stove, many other items. 489-2297.

Woman's Camel Pant Coat size 14-16, phone 457-2672.

Gendron Baby Carriage, converts to stroller and bassinet. Excellent condition, phone 286-1852.

VACUUM CLEANERS and sewing machines. Repairs & new hoses. 457-1103. (14)

BABY ARTICLES — mesh playpen, walker, playtex bottles, lounge chair etc. — 286-1117. (14)

TWO HAIR — 1 Steam curlers, 1 blow designer. Phone 489-2937. (14)

1972 MAVERICK SPRINT, excellent cond. 302, 3 speed 2 door, 51,000 miles. Metallic blue, must sell, 457-1956 after 6 pm. (14)

FOR SALE

TELEPHONE BENCH in Maple with needlepoint seat \$60. Call 457-1409.

If you're losing your hair, just look at the barbershop prices and smile.

ELECTRIC HEATER never used. 286-1234.

Large GENDRON drop side Crib \$35.00. Phone 489-2514 after 6 pm.

ATTENTION TRUCKERS
A new service for you! Have your old tires made new.

W. H. TREADS
(Wentworth's Marina) offers you quality work at competitive prices. We do top cap or full tread. Phone 457-2282 for more details.

1975 DATSUN ½ ton truck, certified \$2000. 32,000 miles. Call 488-2884. (15)

LADIES Teal Blue All Weather Coat, size 16, and 18, zip-in lining. 457-1463. (15)

GOLDEN RETRIEVER puppies, CH stock, CKC registered, 754-2530. (15)

1969 — 340 Swinger, automatic, as is \$400. Phone 488-2884. (15)

MEN'S SHOES, black, size 9½, end table, walnut, Hoover upright vacuum, \$10 & Electric broom \$5. 457-1463.

MOPED, hardly used, like new \$200 firm. Yellow cady. Call 286-2761. (15)

WOOD STOVE, possible antique, will take 24" logs, best offer, 489-2036 after 6 pm.

SAXAPHONE, "C" melody silver plated, with case — call 286-2258.

WROUGHT IRON telephone bench with needlepoint seat, \$60. Call 457-1409.

BIRD CAGE and stand, like new. Reasonable 286-1234.

GOOD HOME for ¾ Saint Bernard. Female 1½ years old. Intelligent and friendly 457-2022. (14)

KNITOMAT — Custom 180 hand knitter \$20. Telephone 286-1894. (14)

O'L HEATER with fan good condition. Auto draft control incl. 766-2922. (14)

SMALL CHINA CABINET, with sliding doors. B. Crofts Haliburton. (14)

WEDDING DRESS and two evening gowns, size 10 & 12 call 286-1117. (14)

TYPEWRITERS — 2 used portables. Both for \$40. Call 489-2937. (14)

TELEPHONE answering device, D.O.C. approved, \$99. Like new, 457-2022. (14)

1976 TNT 340 fan cooled long wide track. Tach, speedo, \$1200. 286-1894. (14)

Family size 4 cycle dryer, like new cond. Phone (705) 766-2922. (14)

FOR SALE

YOUNG MAN'S Glen Check suit, size 38. Worn only a few times. B. Crofts, Haliburton. (14)

1975 MONTE CARLO, A-1 condition, 3100 miles. Call Scott 286-1823. (14)

MISCELLANEOUS

BABYSITTER available for Monday to Friday in my home. \$25 per week. Carnarvon area, call 489-2036.

WANTED

25 h.p. wide track SNOWCRUISER in good condition. 457-1147 after 6 pm.

HOME for Siamese cat, female, spayed, two years old Phone 286-2154 evenings.

WANTED — SINGLE Horse farm wagon. 754-2530. (15)

WANTED: Married accounting student with three children, who intends to return home to Haliburton County to establish his professional practice, preferably with land and in the Minden area a home to rent, if possible with option to buy. It doesn't have to be in super order as I used to be a contractor and would enjoy fixing up. Kakisa House, R.R. 3, Lindsay, Ontario K9V 4R3. (15c)

FRESH EGGS — (white or brown) from hens fed non-medicated feed. Wayne Henderson 286-1424.

Selfpropelled Lawn Mower in good condition. LawnBoy preferred. Phone 457-2817.

COOKSTOVE in good condition. Phone 286-1424 (10-5 pm) or 286-2340.

Coming Events

H.H.S.S. Glee Club will be performing Gilbert & Sullivan's UTOPIA LIMITED at Haliburton Highlands Secondary School on May 3, 4, 5 & 6; curtain time, 8 p.m. Admission at the door, adults \$2.00; students and children \$1.00. (14-4c)

SERVICES

CASH REGISTERS — Sales, Service, Supplies. All makes of business machines. Authorized Victor dealer. Financing arranged. Call Don Wolfraim 286-1369 — Open evenings. (14tfn)

June bugs a great many people.

Fellow we know is going to serve meals in his pool. He's opening a dive-in restaurant.

Samantha READS YOUR STARS

If you were born this week: You are practical and full of that good ol' common sense. You know how to make a dollar and you know how to save one, too. When it comes to spending, you're a very discriminating shopper and rarely make a bad purchase. You're a sociable type and enjoy entertaining and going out.

ARIES (3/21-4/19): A situation may arise which puts a damper on your enthusiasm. Aries. Shake it off like the last of the raindrops from April's showers. Think positively and think happily and wait for a bouquet of May's flowers. Days gambol by.

TAURUS (4/20-5/20): Romance is in the air, and so are good times. Put on your best bib and tucker and get ready to kick up your heels. Taurus. Later, let someone close to you make his own decision and avoid playing mother hen. Remember the importance of freedom of choice. Week comes to ticklish conclusion.

GEMINI (5/21-6/20): The stability of your financial position may concern you during first days. Your ship may not have come in yet, Gem, but it's not on the verge of sinking, either. Later, pick a partner and go romp through the flowers.

MOONCHILD (6/21-7/22): Be prepared to forge ahead on your own, Moonbaby, for you may receive little encouragement from others. Keep your parade moving, even if it is a parade of one, and soon others will fall into step with you. Later, your talents are called upon and you find that the grass is greener.

LEO (7/23-8/22): Work-project requires a no-nonsense attitude. Pay particular attention to details. Ambitious coworker could get in your mane. L'il lion, brush 'im out and go about your business. Later, a spicy interlude has no strings attached.

VIRGO (8/23-9/22): Loving prospects light up your week, Virgo. Let your special person know how you feel, and it doesn't have to be with words — explore the fascinating possibilities of nonverbal communication. Days continue with a spot of work.

LIBRA (9/23-10/23): Domestic tangle may keep you all

wrapped up during the first part of week, Libby. Apply understanding and T.L.C., but, and here's the tricky part, do it without appearing to be a pushover. Later, a Libra's fancy turns to lighter pursuits and week closes with fun, flirtation and fireworks.

SCORPIO (10/24-11/22): You operate on instinct more often than you sit down and think things out. And this works for you, Scorp. This week, however, you deal with a mundane, practical type, so be prepared to explain your instinctive moves logically. Later, do your own thing and keep only a loose rein on those near you.

SAGITTARIUS (11/23-12/21): Constructive activity is essential in week ahead, Sag. You can look so busy that you impress others and even yourself; but when it comes right down to it, you're not accomplishing much. Let's see results, baby. Up and at 'em.

CAPRICORN (12/22-1/19): Creative juices flow beautifully this week, Cappy. Make sure you flow right along with them. Beauty and sensuality are highlighted. Later, a voice from the past tempts you. Do you still dare, after all this time? Hmmm.

AQUARIUS (1/20-2/19): Week opens rather quietly, with questions about love running through your mind. You're such a free spirit that it may bother you that you actually feel possessive about someone-something. Now you know how the rest of us mortals feel.

PISCES (2/20-3/20): Put on your old soft shoes, Pisces. Invitation to dance around the maypole arrives and you're ready to boogie off. By the way, you know that tomorrow never comes; start working toward that favorite dream today. Days sneak to a close that's a real eye-opener.



Thinking Slim

BY JEAN NIDETCH

I wanted something sweet the other day, so I stopped in at a luncheonette and at the counter I had a delicious chocolate 'Weight Watchers' Desert, which fortunately is available in my area.

There were two men next to me finishing lunch and I was delighted to overhear their conversation.

Let's call them John and Phil. John was saying, as I sat down, "Come on, Phil, hurry up. You must be the slowest eater I've ever known. You didn't used to be that way. It's only since you lost weight. Are you sure you're all right?"

Phil laughed and said, "All right? I've never been better. And eating slowly is one of the best habits I've gotten into in years."

"The thing is, when you're fat like I was, you eat fast because you're in a hurry to get things into your mouth. So you're not eating to satisfy real hunger; you're eating to satisfy an appetite. Maybe you're frustrated or bored or blue or a thousand other feelings that don't really have anything to do with food. Except that through the years you've learned to try to relieve them by eating."

"Well, when I decided to lose weight, I had to re-educate myself about eating and I'll tell you, buddy, that took some doing. I learned for one thing that it takes just about 20 minutes — no matter how much you eat — for the stomach to feel full. So one of the goals

of an overweight person is to learn to slow down when he's eating. You learn, in the beginning, to put your fork down after each mouthful, to chew slowly and concentrate on the taste of the food. It takes practice, but little by little my eating did slow down. So I needed less to feel full. I certainly needed less for my body to run on. And now I'm not even aware of how slowly I eat. I just know I'm doing the right thing for me, and I'll tell you something else. I never really enjoyed food as much as I do now — because I'm fully conscious of what I eat and I'm actually tasting the food."

He was so right. Eating slowly is something gourmets appreciate, which is why they never seem to be fat. They don't eat great quantities of all that grand food they love. They just savor it.

Just the way I savored my Frozen Dessert that afternoon. You see, there certainly are joys in food for thin people, my friend. And, if you doubt it, why not become thin (if you're not already trying) and find out?

FREE: A new booklet on how to maintain nutrition while losing weight. For your copy, send a long, white self-addressed, stamped envelope to: "Nutrition, Weight Control and You," JEAN NIDETCH, c/o this newspaper.



PROTAGONISTS in a continuing political mish-mash are New York's Gov. Hugh Carey (left) and New York City Mayor Edward Koch.

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by Dal Hubbert
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HELEN PETERSON

New Book By Local Writer Boosts Mineral Collecting

The Bancroft and area mineral-collecting areas have been given fresh, new coverage in the revised edition

of "The Peterson Guide to Mineral Collecting, Bancroft Area." Compiled and published by Helen Peterson, well known authority and writer on minerals and mineral collecting in this area.

The new guide, its 60 pages and handy format, just right

for slipping in pack-sack, or pocket, is prepared, as its foreword points out "as a guide designed to be of maximum use to area visitors without the use of additional maps."

Graphic preparation for this slender, easy to read volume, is by George White, well known in Toronto Graphic Arts circles and now a resident of this locality.

In passing, it should be

noted that the first edition of Helen Peterson's Guide to Mineral Collecting is mentioned by John Sinkankas, an able and noted author of many books of mineralogy and gemology. The book is also in the Library of Congress. In other areas, the Guide has been used by Department of Tourism and as a basic teaching aid in universities.

Although Helen takes special pains to deprecate any academic background in geology, so precise and knowledgeable is her work that visiting geologists are delighted with its contents.

In her dedication, the authoress most effectively points up the great debt the community owes to a man who was one of this area's chief proponents of it as a mineral collecting Eden. Very simply the dedicatory inscription reads: "Dedicated to Sam Woodcox, 1913-1977. Born and died in Bancroft, Ontario. Canada's best loved 'Rock-hound'". He shared, cared and gave."

Could anything better describe the author's own dedication to the hobby which claims thousands? The Guide is a joy and a mine (no pun intended) of information. Watch for it in local stores.

